



# Colonoscopy Instructions - Constipation

PATIENT:

PHYSICIAN:

PROCEDURE DATE:

ARRIVAL TIME:

**\*\*YOUR ARRIVAL TIME IS SUBJECT TO CHANGE, WE APPRECIATE YOUR FLEXIBILITY. YOU WILL BE NOTIFIED THE DAY PRIOR TO YOUR APPOINTMENT OF ANY TIME CHANGES\*\***

**LOCATION: ENDOSCOPY CENTER OF DELAWARE**  
1090 Old Churchman's Rd  
Newark, DE 19713  
(302) 892-2710

**CHRISTIANA HOSPITAL - GI LAB**  
4755 Ogletown-Stanton Rd  
Newark, DE 19713

**WILMINGTON HOSPITAL - GI LAB**  
501 West 14th St - 3rd Floor  
Wilmington, DE 19801  
302-320-2817

**MID ATLANTIC ENDOSCOPY CENTER**  
Metro Professional Bldg  
4923 Ogletown-Stanton Road, Suite 100  
Newark, DE 19713  
(302) 993-0310

**ST FRANCIS HOSPITAL - Same Day Surgery**  
701 N. Clayton Street  
MOB 3rd Floor  
Wilmington, DE 19805  
302-421-4340

## YOUR MEDICATION INSTRUCTIONS:

**IT IS EXTREMELY IMPORTANT TO FOLLOW THE PREP INSTRUCTIONS EXACTLY AS WRITTEN HERE.**

**PLEASE LET THE OFFICE KNOW ABOUT ANY MAJOR CHANGES TO YOUR MEDICAL HISTORY BETWEEN NOW AND YOUR PROCEDURE DATE.**

**FAILURE TO DO SO CAN RESULT IN CANCELLATION OF YOUR PROCEDURE**

- **Stop** taking medications with Iron 5 days prior to the procedure.
- Continue all prescribed medications unless otherwise instructed, including aspirin and Plavix.
- Stop any blood thinning medications only if you were instructed to do so.
- Take your medications 3 or more hours before your scheduled procedure with a sip of water. If you are not able to take them 3 hours before your procedure, please wait until after your procedure.
- *Do not drink any fluid within 4 hours of your procedure or it may be rescheduled.* Sips of water for medications mentioned above are allowed.
- **Diabetics:** If you have diabetes, check with your physician to see if changes are needed. Do not take your usual oral diabetic medications the morning of your procedure.

# What is a Colonoscopy?

A Colonoscopy is a test that allows the physician to examine the lining of the large intestine with a thin flexible instrument. Polyps, or small growths, can be removed to prevent colon cancer. Biopsies can be taken to diagnose other diseases.

- *An intravenous (IV) catheter will be inserted into a vein in your arm to provide hydration and medication to keep you asleep during your procedure.*
- *You will receive nasal oxygen. We will monitor your heart rate, blood pressure and blood oxygen level throughout the procedure.*
- *Air or carbon dioxide and water will be placed into your colon during the exam. It is normal to expel these after the procedure.*
- *You will rest in the recovery room after the procedure until you can tolerate liquids, walk unassisted, and have stable vital signs.*

## **THE ENTIRE PROCESS TAKES ABOUT 2 HOURS.**

If the start of your procedure is delayed, we will do our best to keep you informed. Rest assured that during your colonoscopy you will receive the highest quality care.

## **IMPORTANT**

**72 HOURS NOTICE IS REQUIRED FOR CANCELLATION.**

**IF YOU CANCEL LESS THAN 72 HOURS BEFORE YOUR PROCEDURE, YOU WILL BE CONSIDERED A "NO SHOW" AND MAY BE CHARGED A \$100 FEE. THIS FEE IS NOT COVERED BY INSURANCE.**

# PREPARATION: 1 Week before your procedure

- You will receive anesthesia during the procedure, so a responsible adult **MUST** accompany you to your colonoscopy. ***This person MUST bring you to the Endoscopy Center and then bring you home. The side effects of anesthesia are sometimes dizziness, forgetfulness and sleepiness therefore:***
  - A responsible adult must accompany you and stay with you if you take public transportation.
  - Bus, taxi, shuttle or UBER drivers CANNOT be your responsible driver.
  - If you do not have a responsible adult to pick you up, your procedure will be rescheduled.
- **Medication: See page 1.**
- **Purchase Prep:**

For your convenience, a Colonoscopy Prep Kit can be purchased at the **office**. **Please do not go to the Endoscopy Center to purchase this kit.** This Kit includes the all of the necessary prep medications. ***Please read directions carefully when mixing your prep.***

Or you may purchase your own at any pharmacy - this is OVER THE COUNTER and NOT covered by insurance.

## 1. Miralax Laxative Powder (1(one) 238 g or 8.3 oz bottle)

This will be mixed with 64 oz. of clear liquid of your choice:

- Clear juice - apple, white grape, lemonade
- Gatorade or similar sports drinks
- Kool Aid, Crystal Light

- **NO RED OR PURPLE JUICE**
- **NO JUICE WITH PULP**
- **NO DAIRY DRINKS**
- **NO ALCOHOL**



## 2. Dulcolax (Bisacodyl) – 4 (four) 5 mg tablets

## 3. Simethicone (Gas-X) 4 (four) 125 mg tablets

## 4. Magnesium Citrate 2 (two) 10oz bottles (CLEAR ONLY - DO NOT USE POWDERED)

# PREPARATION: 3 Days before your procedure

## DO:

Drink plenty of fluids - at least eight 8 oz. glasses per day. This will help avoid dehydration, make the prep work more effectively and make you feel better overall.

## DO NOT:

Do not eat any of the following foods, as they can remain in your colon after the completion of your prep.

- Seeds
- Whole grains
- Corn
- Nuts
- Beans
- Peels of fruits or vegetables
- Oatmeal
- Peas

***A successful colonoscopy is a collaboration between you and your physician. Following these instructions is necessary so the physician can properly perform the procedure.***

***Failure to follow these directions may result in a poor prep and the need for your procedure to be repeated or rescheduled.***

## Medications:

Review any personalized instructions on page 1.

Please cease all medicinal and recreational smoked or vaporized cannabis (weed) 12 hours prior to your procedure. Ingested cannabis or CBD oil must be stopped 8 hours prior to your procedure.

## Responsible Adult:

Review requirement for the person accompanying you to your procedure on page two. **Remember, a responsible adult must accompany you to your colonoscopy and pick you up on discharge.**

## Other Items:

- Wear comfortable clothes. You may feel bloated after the procedure.
- Leave valuables at home or with the adult accompanying you.
- Remove all jewelry, including body piercings.

## PREPARATION: 2 days prior to your procedure

<p><b>Before 12 noon</b> <b>2 Days Before</b> <b>your Colonoscopy</b></p>	<p>Eat a <u>fiber-free</u> breakfast including any or all of the following:</p> <ul style="list-style-type: none"> <li>• 2 fried or boiled eggs</li> <li>• ½ cup milk</li> <li>• ½ cup yogurt (<i>not red or purple or with pieces of other foods</i>)</li> <li>• Up to 2 slices of cheese</li> <li>• 2-3 slices of White Bread</li> <li>• 1 Tablespoon of butter or olive oil</li> </ul>
<p><b>After 12 noon</b> <b>2 Days Before</b> <b>your Colonoscopy</b></p> <p><b>NO SOLID FOOD</b></p>	<p>Follow a diet of <b><u>CLEAR LIQUIDS ONLY</u></b></p> <ul style="list-style-type: none"> <li>• Water</li> <li>• Coffee or tea, <i>without milk or cream</i></li> <li>• Clear juice - apple, white grape, lemonade (no pulp)</li> <li>• Broth, bouillon</li> <li>• Gatorade or similar sports drinks</li> <li>• Kool Aid, Crystal Light</li> <li>• Carbonated soft drinks - Coke, Sprite (regular or diet)</li> <li>• Jell-O™ (not red or purple)</li> <li>• <b>NO RED OR PURPLE JUICE, NO JUICE WITH PULP, NO DAIRY DRINKS AND NO ALCOHOL</b></li> </ul>
<p><b>5:00 pm</b> <b>2 Days Before</b> <b>your Colonoscopy</b></p> <p><b>NO SOLID FOOD</b></p>	<p>Magnesium Citrate (10oz) - Pour <u>ONE</u> 10 oz bottle of Magnesium Citrate over ice and drink it within 15 minutes.</p> <ul style="list-style-type: none"> <li>• Continue drinking clear liquids.</li> <li>• Try your best to do this to prevent dehydration.</li> </ul>

# PREPARATION: The day before your procedure

<p><b><i>the Day Before your Colonoscopy</i></b></p> <p><b>NO SOLID FOOD</b></p>	<p><b><u>CONTINUE CLEAR LIQUIDS ONLY</u></b></p> <ul style="list-style-type: none"> <li>• Water</li> <li>• Coffee or tea, <i>without milk or cream</i></li> <li>• Clear juice - apple, white grape, lemonade (no pulp)</li> <li>• Broth, bouillon</li> <li>• Gatorade or similar sports drinks</li> <li>• Kool Aid, Crystal Light</li> <li>• Carbonated soft drinks - Coke, Sprite (regular or diet)</li> <li>• Jell-O™ (not red or purple)</li> <li>• <b>NO RED OR PURPLE JUICE, NO JUICE WITH PULP, NO DAIRY DRINKS AND NO ALCOHOL</b></li> </ul>
<p><b>2:00 pm</b></p> <p><b><i>the Day Before your Colonoscopy</i></b></p> <p><b>NO SOLID FOOD</b></p>	<p>Take 4 (four) 5 mg Dulcolax (bisacodyl) Tablets with 8 oz. water.</p> <p>Mix the entire one bottle of Miralax (Polyethylene glycol) 238 g in 64 oz of clear liquid. You can use the jug/pitcher and mix it well. Many patients find that chilling (optional) the mixed prep and drinking through a straw improves tolerance. <i>Find a nearby bathroom!</i></p>
<p><b>4:00-6:00 pm</b></p> <p><b><i>the Day Before your Colonoscopy</i></b></p> <p><b>NO SOLID FOOD</b></p>	<p>First dose of Liquid Prep (64 oz):</p> <ul style="list-style-type: none"> <li>• Drink 8 oz's of liquid prep every 20 minutes for 2 hours and 15 minutes <i>while also drinking</i> four to eight 8 oz. glasses of clear liquid.</li> <li>• Try your best to do this to prevent dehydration.</li> </ul>
<p><b>9:00 pm</b></p> <p><b><i>the Day Before your Colonoscopy</i></b></p> <p><b>NO SOLID FOOD</b></p>	<p>Take 2 Simethicone (Gas-X) tablets</p> <ul style="list-style-type: none"> <li>• Continue drinking clear liquids.</li> <li>• Try your best to do this to prevent dehydration.</li> </ul>
<p><b>4 HOURS BEFORE YOUR APPOINTMENT</b></p> <p><b>NO FOOD OR DRINK</b></p>	<p>Magnesium Citrate (10oz) - Pour the <u>SECOND</u> 10 oz bottle of Magnesium Citrate over ice and drink it within 15 minutes.</p> <ul style="list-style-type: none"> <li>• Take 2 Simethicone (Gas-X) tablets after completing the Magnesium Citrate.</li> <li>• The goal is to have slightly yellow and liquid stool.</li> </ul> <p>*All prep and clear liquids <b>MUST</b> be completed 4 hours prior to your appointment.</p> <p>*This is the time when morning medications should be taken or wait until after your procedure.</p> <p>*No additional liquids or your procedure may be rescheduled.</p> <p>*No hard candy, chewing gum or medications. Nothing by mouth.</p>



# **PREPARATION: The day of your procedure**

## **AFTER YOUR COLONOSCOPY**

For routine questions, you can call our GA Location office at 302-738-5300 or our Magic location at 302-225-2380

**IF YOU HAVE AN URGENT CONCERN, CALL 302-738-5300 for our GA LOCATION OR 302-225-2380 FOR OUR MAGIC LOCATION TO REACH OUR ON-CALL PHYSICIAN AFTER HOURS.**

- Rest and relax for the remainder of the day.
- We recommend that a responsible adult stay with you for 24 hours following your procedure.
- Resume your normal diet slowly and as tolerated.
- A feeling of fullness or cramping from remaining air or carbon dioxide may occur. This is totally normal. Mild activity such as walking will help to expel any excess gas. Lying on your left side or directly on your stomach may also help.
- Do not drive or operate any machinery, sign any legal documents, or make critical decisions or return to work until the next day.
- Do not drink alcohol or take any unprescribed medication.
- Mild abdominal discomfort or a small amount of rectal bleeding is not unusual after the procedure. However, if you experience significant pain, rectal bleeding, fever and vomiting or any other worrisome symptoms please notify your physician immediately.

Follow up with your physician's recommendations for continued colon health.